

## ABSTRACT

The present invention relates to a method for stabilizing reduced coenzyme Q<sub>10</sub>, which is useful as an ingredient in good foods, functional nutritive foods, specific health foods, nutritional supplements, nutrients, animal drugs, drinks, feeds, cosmetics, medicines, remedies, preventive drugs, etc., and to a composition therefor. The composition comprises reduced coenzyme Q<sub>10</sub>, a fat and oil (excluding olive oil) and/or a polyol, and doesn't substantially inhibit the stabilization of reduced coenzyme Q<sub>10</sub>. Additionally, the composition is a reduced coenzyme Q<sub>10</sub>-containing composition which comprises reduced coenzyme Q<sub>10</sub>, a polyglycerol fatty acid ester, and a fat and oil and/or a polyol.